

PUMA TRACKS

*The PTA newsletter for
Rolling Hills Elementary School*

November 4, 2005 • Volume 4, Number 11

Rolling Hills says no to drugs during Red Ribbon Week

The PTA was again pleased to support the school's annual Red Ribbon program to promote drug-free and healthy living choices during the week of October 24-28.

The campus was decorated with banners, pennants, posters and three large balloons tethered 150 feet above the school proclaiming the anti-drug message. Students, teachers and staff received a red ribbon provided by PUSD, a themed pencil or pen and an eraser stick. On October 24, students eating the school lunch were served a *Hugs Not Drugs* cookie.

As usual, everyone got behind the event as evidenced by the red ribbons worn throughout the week (even the trees sported them), the wearing of red on Wednesday and the signatures of more than 300 students and faculty on a large banner proclaiming: "*Rolling Hills Pledges: NO TO DRUGS!*"

The PTA thanks David Wigmore, our Red Ribbon Chairperson, and everyone else who helped stage the event. We especially thank the parents and following members of Brownie Troop 8031 for stuffing envelopes with flyers and ribbons and helping to decorate our campus: Claire Arvin; Brooke Ellison; Sarah Holick; Soleil Leuregans; Tatiene Guia; Hannah Ronnigen; Ava Scally; Mercedes Wigmore.

Mrs. Gray's class wins!

Students turned in enough box tops in the recent contest to net the school \$485 to support various activities.

Mrs. Gray's first-grade class collected the most box tops per student. She and her students will get a Popsicle or ice cream sandwich party.

Please keep doing saving box tops – another contest will start shortly and continue through February.



Mrs. Stahler brought her granddaughter, Miriam, to the festivities. Right: zookeeper Emily Wilson and her sister, Jennifer (the Statue of Liberty), also enjoyed the fun.



A howlin' good time at PTA's Halloween Party

The fourth annual Rolling Hills PTA Halloween Party featured an opening karaoke act of Mrs. Marshack and Mrs. Walker singing "Celebration." And a celebration it was as more than 300 members of the school community got an early start on tricks and treats at the party, which took place during the evening of October 28 in the MPR.

The party featured culinary treats – hot dogs, nachos, pretzels and cotton candy – as well as crafts and games. Friendly local merchants such as Ralphs, Albertsons, Stater Bros., Vons and Borders provided candy and other fun things for the kids trick-or-treating at tables in the MPR. Children also decorated spooky cupcakes and cookies and made Sandy Candy and Spooky Mud.

The highlights of the party probably were the karaoke singing and the costume contest. The music in the MPR was courtesy of kids and adults singing their favorite tunes on a karaoke machine, the rental of which was donated by the Eaton Family, *Puma Tracks* will publish a list of the costume contest winners next week.

This party takes an army of volunteers to plan, shop, bake, decorate, work the event and clean up. The PTA thanks Pam Logemann, our Fall Event Chairperson, and the more than 80 volunteers who brought this party to you:

Mt. Carmel High School Key Club and their Advisor Mrs. Stenger, Abraxas High School students, Danielle Peyton from Black Mountain Middle School, Sarretta Hennesey from Rancho Bernardo High School, Kathy Marchbanks, Beverly Ronningen, Mike Russell and Gavin Scanlin from Mt. Carmel High School, Kim and Mark Stadler, Barbara Hamilton, Sara Derbique, Lisa Petrillo, Bob and Clark Scally, Robert Bueno, Sheri Peters, Karen and Tom Waltz, Karen Arvin, Katrina Logemann, Kathryn Giddings, Cheri Casey, Sherri Dean, Lori Evans, Yonca Koehler, Ayaka Kubo, Angela LeMaster, Lisa Willow, Gary and Theresa Andrews, Leslie Gabocy, David Wigmore, Gaye Brisson, Cindy Krask, Sondra Newton, Marian Bueno, Laurie Lisicky, Shawn Holman, Heather Lovsted, Jeri O'Connor and Lorena Welch. We apologize if we misspelled any names or left anyone out.

Help wanted

The PTA is seeking an editor for *Puma Tracks*, the weekly newsletter for Rolling Hills. If you would like to help make sure that this well-read periodical continues to be published, please contact PTA President Mark Stadler, 672-1481 or rhptaprez@earthlink.net.

Diabetes and obesity in children topic of talk

Dr. Philip Goscienski, a pediatrician, will talk about "Diabetes and Obesity in Children" in the Family Center (Room 17) on November 17 from 6:30-7:30 p.m.

Dr. Goscienski, who has an extensive knowledge of children, infectious diseases and nutrition, will make us aware of this growing problem in children and how parents can prevent it. For more information about him, visit his website at www.betterlifeseminars.com.

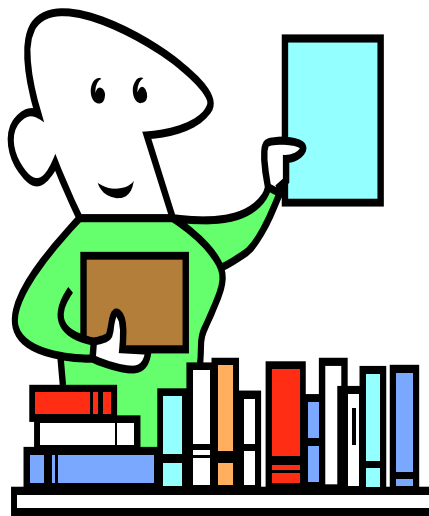
Dr. Goscienski has published a book, professional articles and newsletters for lay people and professionals. His book, *Health Secrets of the Stone Age*, is based on the fact that our genetic makeup is millions of years old, and does not match our lifestyle. As a result, Type 2 diabetes is growing in our society, Dr. Goscienski writes, and is expected to double by the year 2015. *Health Secrets of the Stone Age* explains diabetes in simple terms and shows how we can avoid this catastrophe. One chapter of the book is devoted to children.

He also writes a weekly newspaper column titled Stone Age Doc. He has a passion to inform the public of the dangers of diabetes and obesity in children. Don't miss this one. He's worth hearing! I thoroughly enjoyed his seminar I attended this summer.

-- Jackie Cardinale, Counselor

Three runners reach 100-lap milestone

Three students have attained a significant milestone as part of the Running Club sponsored by the Rolling Hills Foundation. Nick G. (Mrs. Gray, room 11), Michael M. (Mrs. Sturhann, room 19) and Nathan M. (Mrs. McNaul, Room 24) all ran their 100th lap of the school year during the week of Oct. 20. Congratulations to our Rolling Hills 100-Lap Runners!



Reading tutor training scheduled Dec. 5

Those interested in serving as volunteer reading tutors for students in grades one through three should attend a training session on Monday, December 5 from 9:30 a.m.-noon in the Family Center (Room 17).

Brita Posedel, Rolling Hills' reading specialist, is seeking volunteer tutors to listen to students and assist them in reading for about an hour and a half per week. The training session will enable tutors to reinforce reading strategies being taught in the classroom, giving students the opportunity to practice in a one-to-one, non-threatening environment.

The tutoring program is part of Everyone A Reader (EAR), which was established in 1995 by the County Office of Education.

If you would like to volunteer, please contact Brita at 672-3400 or bposedel@powayusd.com.

Gift wrap volunteers sought

The PTA is seeking volunteers to help distribute gift wrap and other items to classrooms on November 9. If you can help, please contact Elaine Wilson, Gift Wrap Chair, at jwilso10@san.rr.com.

Donations to troops appreciated

Thank you to all of the families for their donations to our troops. The Partners in Education representative who picked up the items on October 28 said Rolling Hills had donated more items than any other school.

PTA meeting, character education talk on Nov. 10

All members of the Rolling Hills Elementary community are invited to the next Rolling Hills PTA Association meeting, which will begin at 6:30 p.m. on Thursday, November 10, in the Multi-Purpose Room. All dues-paying PTA members are eligible

to vote at the meeting. Following the meeting,

PUSD's Wellness Department Program Coordinator will give a presentation for parents on character education.

Nicole Wahab, the PUSD Wellness Department Program Coordinator, will give a presentation for parents on character education.

During the meeting, PTA members will be asked to approve revisions to the Standing Rules recommended by the PTA Executive Board and to adopt the final 2004-05 audit.

In addition, PTA Treasurer A-Quan DeShano will give a report on PTA finances since the last Association meeting in September.

The PTA also will present past president's pins to Patricia Tracy, the unit president in 2003-04, and Ron Bostater, unit president in 2004-05.

For more information, please contact PTA President Mark Stadler at rhptaprez@earthlink.net or 672-1481.

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"Total school communication"

Rolling Hills Elementary School

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Affiliated with: Palomar Council, Ninth District, CCPTS, California PTA, National PTA

